



Spinach & Ham Quiche

READY IN



45 min.

SERVINGS



8

CALORIES



305 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 100 grams butter cold
- 50 grams cheddar cheese grated
- 2 eggs
- 125 grams ham shredded ()
- 5 tablespoons water
- 80 milliliters milk
- 1 dash pepper white
- 200 grams flour plain
- 0.1 teaspoon salt

- 0.5 tablespoon shallots sliced ()
- 125 grams pkt spinach shredded well (wash& drain ,)
- 80 milliliters whipping cream

Equipment

- oven
- measuring cup
- tart form

Directions

- With little oil, fry shallot till fragrant and golden brown.
- Add ham fry for a while and add spinach and fry till spinach cooked, dish up and set aside. Measure whipping cream and milk together in measuring cup (you can omit whipping cream and use all 160ml milk) add eggs, lightly beaten and pinch of salt, mix well.
- Spread ham spinach and cheddar cheese evenly over the bottom of the prepared tart pan, add a dash of pepper then gently pour egg mixture over it.
- Bake at preheated 180C for 40 mins and serve hot or warm.

Nutrition Facts

 PROTEIN **13.11%**  FAT **59.57%**  CARBS **27.32%**

Properties

Glycemic Index:31.5, Glycemic Load:14.13, Inflammation Score:-8, Nutrition Score:14.077826086957%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Taste

Sweetness: 25.3%, Saltiness: 70.09%, Sourness: 16.31%, Bitterness: 15.31%, Savoriness: 40.03%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 304.63kcal (15.23%), Fat: 20.2g (31.08%), Saturated Fat: 11.46g (71.62%), Carbohydrates: 20.84g (6.95%), Net Carbohydrates: 19.77g (7.19%), Sugar: 1.04g (1.16%), Cholesterol: 96.34mg (32.11%), Sodium: 378.7mg (16.47%), Protein: 10g (20%), Vitamin K: 76.96µg (73.29%), Vitamin A: 2064.17IU (41.28%), Selenium: 17.96µg (25.65%), Vitamin B1: 0.32mg (21.16%), Folate: 84.02µg (21%), Vitamin B2: 0.3mg (17.83%), Manganese: 0.32mg (16.22%), Phosphorus: 138.34mg (13.83%), Vitamin B3: 2.32mg (11.61%), Iron: 1.96mg (10.89%), Calcium: 93.85mg (9.39%), Zinc: 1.07mg (7.16%), Vitamin B6: 0.14mg (6.82%), Magnesium: 26.35mg (6.59%), Vitamin E: 0.94mg (6.26%), Potassium: 208.83mg (5.97%), Vitamin B12: 0.36µg (5.95%), Vitamin C: 4.53mg (5.49%), Vitamin B5: 0.47mg (4.65%), Fiber: 1.07g (4.29%), Vitamin D: 0.64µg (4.28%), Copper: 0.08mg (4.18%)